

## FALL INTO HEALTHY EATING EXPLORE THESE MyPLATE RECIPES PERFECT FOR FALL

This fall, our Nutrition Education Team at Hunger Task Force is excited to share easy, healthy recipes that cover all aspects of the Hunger Task Force MyPlate. Embrace the flavors of fall with meals that support your health and well-being!

### INGREDIENTS

2 lbs greens (collard, turnip & mustard)  
2 jalapeño peppers, seeded & chopped  
2 tsp olive oil  
1 onion, chopped  
2 Tbsp garlic, minced  
2/3 cup low-sodium broth  
3 Tbsp apple cider vinegar  
1 Tbsp brown sugar

RECIPE SELECTED BY:  
**Carmen Baldwin, NDTR**  
Community Nutrition Educator

### TRIPLE HEADER GREENS



### DIRECTIONS

Rinse greens, remove stems and tear or chop leaves into 1-2 inch pieces.  
Heat oil in a frying pan over medium heat.  
Add onions, garlic and jalapeño and cook until softened – about 3-4 minutes.  
Add broth, vinegar and sugar. Simmer.  
Reduce heat to low and stir in greens.  
Cover and simmer, stirring occasionally until tender – about 12-15 minutes.  
Serve immediately – enjoy!

### INGREDIENTS

1 lb ground meat (chicken, beef or turkey)  
1 Tbsp uncooked sticky rice  
2 Tbsp fish sauce  
2 Tbsp lime juice  
1 Tbsp sugar  
Fresh lettuce leaves (for serving)  
1-2 Tbsp chili powder  
3-4 green onions, finely sliced  
1 small red onion, finely sliced  
1 cup fresh mint leaves  
1 cup fresh cilantro, chopped

RECIPE SELECTED BY:  
**Pasua Chang, MS, RDN**  
Community Dietitian

### LAAB MINCED MEAT SALAD



### DIRECTIONS

Toast rice in a dry skillet until golden brown then grind into a coarse powder.  
Cook ground meat in a skillet.  
Whisk fish sauce, lime juice, sugar and chili powder until the sugar dissolves.  
Combine cooked meat, green onions, red onion, mint and cilantro in a large bowl.  
Pour dressing over the mixture and toss.  
Sprinkle toasted ground rice over the salad and toss again.  
Arrange lettuce leaves on a platter and spoon laab mixture onto them.

### INGREDIENTS

4 cups cherries, chopped & pitted  
2/3 cup whole-wheat flour  
2/3 cup old fashioned rolled oats  
3 Tbsp packed brown sugar  
1/4 cup sugar  
1 Tbsp cornstarch  
1/2 tsp vanilla  
3 Tbsp melted butter

RECIPE SELECTED BY:  
**Melanie Foland**  
Child Nutrition Educator

### CHERRY OAT CRUMBLE



### DIRECTIONS

Preheat oven to 350° F.  
In a bowl, mix sugar and cornstarch. Add the cherries and vanilla. Mix well.  
Pour fruit into 8x8 in baking dish.  
In another bowl, mix flour, oats and brown sugar until coarse with some clumps.  
Sprinkle oat topping over fruit mixture.  
Bake for 30-45 minutes, or until juices are bubbling and topping is golden brown.  
Refrigerate leftovers within 2 hours.

# NUTRITION NUGGET

## Nutrition Facts

8 servings per container  
Serving size 2/3 cup (55g)

Amount per serving  
**Calories 230**

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use the Nutrition Facts Label and MyPlate to Make Healthier Choices



## LABEL READING – Serving Size

A serving size is the amount of food that is typically consumed in one sitting, and it's important to follow these recommended portions to manage your calorie intake and ensure balanced nutrition. Start by checking the serving size at the top of the nutrition label, which will tell you how much of the food item the nutritional information is based on. This can help you gauge how many servings you're actually eating compared to the serving size listed.

Next, look at the Nutrition Facts including calories, fats, proteins and sugars per serving. For example, if the label says one serving is 1 cup and you eat 2 cups, you need to double the amounts shown. Pay attention to the percentage of daily values, which shows how much each nutrient contributes to your overall daily needs. By understanding these key parts of a nutrition label, you can make better food choices, control portion sizes and ensure that you and your family are getting the right nutrients in the right amounts.

Learn more at: [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)



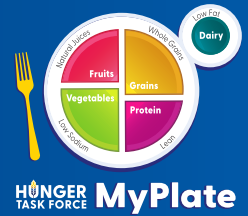
## FALL ACTIVITIES THAT KEEP US HEALTHY

While a change in the weather may limit your favorite summer time activities, it is important to establish regular (and enjoyable) activities to keep you moving during the fall season. Here are some great ideas for engaging in physical activity while soaking in the beautiful autumn weather:

- Rake leaves outside.** Raking leaves helps build strength in your upper body, back and stomach. Raking can be modified for kids and adults.
- Go apple or pumpkin picking.** Support local farmers by visiting their farms and orchards. Do a little lifting by picking a pumpkin or bag of apples to take home.
- Create an outdoor scavenger hunt.** Search for leaves, acorns, sticks and other fall-themed objects. A scavenger hunt will keep you moving and help you focus on another goal during your physical activity!

# MYPLATE MINUTE

The **Hunger Task Force MyPlate** model includes preferred food items from all five food groups: **protein**, **fruits**, **vegetables**, **grains** and **dairy**.



## A GUIDE TO HEATING METHODS FOR HEALTHY FALL MEALS

*As the weather cools, mastering various heating methods becomes key to creating healthy and satisfying meals.* Whether you're preparing a hearty beef stew or a cheesy broccoli soup, various heating methods can make your cooking both fun and safe. Proper heating not only enhances flavors but also helps reduce the risk of foodborne illnesses. There are three main types of heating methods – dry heat, moist heat and combination heat – each offering different techniques to achieve delicious results.

### DRY HEAT METHODS:

**Baking:** This method typically involves baking inside an oven at temperatures of at least 300°F.

**Grilling:** This method involves heating food using intense, direct heat from below.

**Roasting:** This method uses direct dry heat and is best for large cuts of meat and hearty vegetables.

**Sautéing:** This method involves heating the pan, then cooking in a small amount of oil or butter.

**Electric Hot Plate:** This method uses a coil or surface that heats up electrically. Great for small kitchens!



### MOIST HEAT METHODS:

**Poaching:** This method involves fully submerging food into water at 160-180°F; often used for eggs and fish.

**Simmering:** This method involves cooking food gently in bubbling liquid at a temperature just below boiling.

**Boiling:** This method is used to cook stronger, hearty foods such as beans, pasta or tough vegetables.

**Steaming:** This method involves transferring heat through vaporized water.



### COMBINATION HEAT METHODS:

**Braising:** This method involves simmering large cuts of meat in a small amount of liquid in a covered dish.

**Stewing:** This method is great for softening tough cuts of meat or fibrous vegetables.



01.

### 01. Interns Support and Promote Healthy Eating

Hunger Task Force was delighted to host three summer interns this year who played a key role in promoting nutritious eating to Milwaukee seniors and organizing the Summer Meals program for local kids. Thanks to their dedication and enthusiasm, Nadia, Nina and Ashlyn supported our work providing healthy food with dignity and boosting community engagement, nutrition education and meal distribution. Thank you to these interns for their exceptional work this summer!



02.

### 02. Local Students Benefit from Nutrition Education

This summer, the “Cooking with Culture” program empowered Milwaukee kids with valuable life skills. Over six weeks, local students traveled to The Farm to harvest fruits and vegetables in the School Garden, learn about agriculture from our farmers and develop skills in the demonstration kitchen. This hands-on experience encouraged healthy eating and introduced the MyPlate model, leaving a lasting impact on these budding new chefs!



03.

### 03. Hunger Task Force Welcomes Community Nutrition Educator

Hunger Task Force is thrilled to welcome Carmen Baldwin, our new Community Nutrition Educator. Carmen, a Nutrition and Dietetic Technician Registered, brings nearly four years of experience from My Choice Wisconsin. In her role, Carmen develops recipes, hosts food demonstrations for SNAP-eligible populations through Hunger Task Force’s emergency food network and leads MyPlate nutrition education. Carmen is also an active member of the MATC Dietetic Technician Board.



## Voices Against Hunger

HUNGER TASK FORCE

**Want to make a difference for you and others in our community?** Join Voices Against Hunger and help ensure everyone has enough to eat. By joining, you'll learn about hunger issues and how to share your thoughts with those who make decisions. Let's work together to create a hunger-free future.

[www.HungerTaskForce.org/voices](http://www.HungerTaskForce.org/voices)



SCAN QR with the camera app on your mobile phone to learn more or sign up!



USDA

Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach

The federally funded SNAP-Ed Program provides education opportunities to support healthy lifestyles for people who receive or are eligible for FoodShare. These educational tools strive to help people make healthier choices to live healthier and better lives with dignity.